

Requests to the residents (December 28, 2021)

PCR test, etc. (available for free) to be taken by those worried about infection even without symptoms

* From December 28, 2021 to January 31, 2022

Continuously following “Requests to the residents” (thorough implementation of basic preventive measures) even if a case of the Omicron variant is confirmed in Wakayama Prefecture in the future

Points of particular attention during the year-end and New Year holidays

- Implementing basic preventive measures when visiting other prefectures to travel or to return to the hometown
- Getting tested with a PCR test, etc. (available for free) before visiting Wakayama Prefecture to travel or to return to the hometown from areas where community transmission of the Omicron variant has been confirmed, such as Osaka and Tokyo Prefectures
- Implementing basic preventive measures when eating in a group at year-end, New Year and reunion parties, etc.
- Particular attention to be paid at large gathering events such New Year’s shrine visits or coming-of-age ceremonies, etc.
- Staying on guard even after vaccination

➤ **Consulting with a clinic as soon as symptoms are found**

◦ Safe daily life and safe outing

◦ Thoroughly implementing basic preventive measures and behaving in line with requests from the local government in the destination when visiting other prefectures

◦ Careful attention and regular ventilation to be maintained during eating/drinking or karaoke

◦ Consulting with a clinic and refraining from going to work or school as soon as symptoms are found in yourself or your family members

◦ Careful attention to be paid when holding events

◦ Active use of teleworking

◦ Guidelines to prevent the spread of infections for each business

* Temperature checks at the start of each shift and wearing of a mask during work should be strictly implemented.

◦ Particular attention to be paid by hospitals and welfare facility services

◦ Early suspicion of COVID-19 by medical institutions

* Clinics should make family members living together with those tested positive, etc. get tested without waiting for the Public Health Center’s decision

◦ Early reservation for vaccination

◦ Measures such as wearing of a mask to be continued even after vaccination

◦ Thorough preventive measures to be taken in schools and educational settings

• Restrictions on club activities: No practice matches/joint trainings with schools in “areas where residents are requested to refrain from outings and/or travelling” / Thorough preventive measures to be taken for other activities

• Self-restraint by students in joining any activities when symptoms such as fever are found in their family members

◦ Thorough preventive measures to be taken in tutoring schools and cultural/sports classes

PCR test, etc. (available for free) to be taken by those worried about infection even without symptoms

- If you do not have any symptoms but are worried about infection after having contact with people coming from areas where infections are widespread or joining a large gathering event, please take a free test available at some pharmacies, etc. in the prefecture.

If you show symptoms such as fever and coughing, please consult with a clinic.

Continuously following “Requests to the residents” (thorough implementation of basic preventive measures) even if a case of the Omicron variant is confirmed in Wakayama Prefecture in the future

- Community transmission of the Omicron variant has been confirmed in neighboring Osaka Prefecture and other areas across the Kansai region. Even if a case of the Omicron variant is confirmed in Wakayama Prefecture in the future, please make sure to continuously follow “Requests to the residents” below, including thorough implementation of basic preventive measures.

Safe daily life and safe outing

- All the residents of Wakayama Prefecture are requested to implement basic preventive measures such as avoiding “3Cs” (closed spaces, crowded places, and close-contact settings), wearing a mask, washing hands with soap, disinfecting hands and fingers with alcohol-based hand sanitizer, etc. With that in mind, please avoid places with high risk of infection and go to safe places when you go out.

Thoroughly implementing basic preventive measures and behaving in line with requests from the local government in the destination when visiting other prefectures

- When you visit other prefectures, please avoid “3Cs” (closed spaces, crowded places, and close-contact settings) and implement basic preventive measures (wearing a mask, washing hands, etc.) thoroughly, as well as behave in line with requests from the local government in the destination.

Careful attention and regular ventilation to be maintained during eating/drinking or karaoke

- As you need to take off your mask during eating/drinking or karaoke, the risk of infection may increase. Please thoroughly implement basic preventive measures. Also, business operators are requested to maintain regular ventilation carefully.

* In particular, dining in a group for a long time late into the night should be avoided as these behaviors may increase the risk of infection.

Consulting with a clinic and refraining from going to work or school as soon as symptoms are found in yourself or your family members

- If you show symptoms such as fever, coughing, lost or changed sense of taste or smell, please consult with medical institutions as soon as possible, and refrain from outings including going to work or school. Even if the symptoms that you suffered on the previous day have disappeared, please try not to go to work or school as much as possible. Moreover, if these symptoms are found in your family members, please also refrain from going to work or school.

Careful attention to be paid when holding events

- When holding events, event organizers are requested to thoroughly implement preventive measures as well as to create and publish the preventive measure checklist as specified by the prefectural government.

If the event is expected to attract more than 1000 visitors, prior consultation to the prefectural government is required.

Active use of teleworking

- Those who are commuting to Osaka are requested to work from home (teleworking).

- In addition, business operators in the prefecture are requested to actively utilize teleworking.

Guidelines to prevent the spread of infections for each business

- Each business operator is requested to comply with the guidelines to prevent the spread of infections made by the prefectural government and relevant business sectors. Operators should also put posters to prevent the spread of infections.

* In particular, temperature checks of employees at the start of each shift and wearing of a mask during work should be strictly implemented.

Particular attention to be paid by hospitals and welfare facility services

- Staff of hospitals and welfare facilities should pay particular attention not to bring infections in their facilities. All staff, including home-visit/day care providers and care managers, should thoroughly implement preventive measures, and self-monitor the health conditions more strictly, such as checking temperature at each facility.

Early suspicion of COVID-19 by medical institutions

- Medical institutions, clinics in particular, are requested to continuously work on early detection of COVID-19 patients by suspecting infection at an earlier stage and performing tests promptly even for those with mild symptoms such as coughing and slight fever.

* Clinics should make family members living together with those tested positive, etc. get tested without waiting for the Public Health Center's decision.

Early reservation for vaccination

- It has been proved that vaccines can lower the risk of serious illness. Please get yourself vaccinated proactively.

Measures such as wearing of a mask to be continued even after vaccination

- COVID-19 vaccines are not 100% effective in preventing people from developing diseases while their high efficacy has been proven. Also, the extent to which they prevent spreading the virus to others is yet to be known. Therefore, even after vaccination, you are continuously requested to implement preventive measures thoroughly. In particular, please avoid "3Cs", wear a mask, wash hands with soap and disinfect hands and fingers with alcohol-based hand sanitizer.

Thorough preventive measures to be taken in schools and educational settings

Restrictions on club activities: No practice matches/joint trainings with schools in "areas where residents are requested to refrain from outings and/or travelling" / Thorough preventive measures to be taken for other activities

Self-restraint by students in joining any activities when symptoms such as fever are found in their family members

- Practice matches/joint trainings should not be conducted with schools located in "areas where residents are requested to refrain from outings and/or travelling to other areas". Club activities in these areas are also prohibited (except for official competitions/tournaments). Other activities should be carried out by taking thorough preventive measures.

- Students should refrain from joining any activities when symptoms such as fever are found in their family members.

Thorough preventive measures to be taken in tutoring schools and cultural/sports classes

- As tutoring schools and cultural/sports classes tend to cause the "3Cs" situations, thorough preventive measures are required. Children and students in these facilities should be instructed to wear a mask properly.